

**Abstract**

The invention concerns a method (200) and system (10) for recording onto a storage medium (26) a video segment. The method includes the steps of: receiving the video segment (210) in which the video segment contains at least one predictive picture; and selectively converting the at least one predictive picture into an intra picture thereby replacing the at least one predictive picture with the intra picture. In one arrangement, the video segment can contain at least one introductory predictive picture, and the converting step can further include selectively decoding a predetermined number of the introductory predictive pictures to obtain a properly decoded predictive picture (212). Additionally, the video segment can contain at least one subsequent predictive picture and the converting step can further include selectively decoding the subsequent predictive pictures (214) and selectively re-encoding into intra pictures the subsequent predictive pictures, the introductory predictive pictures or a combination thereof (216).